

The People Stayed Home

Towards healing in a time of pandemic, 2020 onwards

It was in March 2020 that COVID shutdowns and lockdowns began all over the world. 'And the people stayed home,' wrote Kitty O'Meara in a prose-poem that became widely known and loved. And, she continued, people 'read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.'

'And,' she said further, 'listened more deeply. Some meditated, some prayed, some danced ... And, in the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal.'

This paper lists 15 websites that between them contain resources for what Kitty O'Meara may have had in mind. Her brief prose-poem **In The Time Of Pandemic** may be heard with a range of attractive musical and visual settings at her website: <https://the-daily-round.com/2020/03/30/gifts/>

Beyond the Fields We Know

"In cultivating enoughness we use what we have been given with grace and respect ... walk through this world rooted and knowing our place in it ... live as the good stewards, artists and creators we were meant to be ... We should say thank you. We have to tread lightly on the earth and reduce our ecological footprint. We must whittle down our demands on a world strained almost beyond its regenerative powers by human excess, greed, cruelty and contempt, Is the cup of our earthy days half empty or half full? That is up to us." <https://www.beyondthefieldsweknow.org/>

Center for Action and Contemplation

"Contemplation is no fantasy, make-believe, or daydream, but the flowering of patience and steady perseverance. When we look at the world today, we may well ask whether it can be transformed on the global level; but I believe that there is a deep relationship between the inner revolution of prayer and the transformation of social structures and social consciousness ... Our hope is that contemplation really can change us and the society we live in by guiding our actions for compassion and justice in the world." <https://cac.org/>

Center for Christogenesis

"It is time to consider that Christianity was never meant to be a new institutional religion but the depth and meaning of personal and collective consciousness. That is, Christianity is a religion of evolution." <https://christogenesis.org/>

Channel McGilchrist

"[We inhabit] an inexhaustibly, truly wondrous, creative, living universe, not a meaningless, moribund mechanism. By bringing to bear up-to-the-minute neuropsychology, physics and philosophy, I show not only that these are in no way in

conflict with one another, but that they all lead us, time and again, to the same insights. And that this is not in opposition to, but rather corroborates, the wisdom of the great spiritual traditions across the world." <https://channelmcgilchrist.com/home/>

Fully Alive

"I want to live a good life, one defined by love and courage. The accumulate-possessions-and-status script feels too small. I also think the stable consumer lives we've been sold as a goal will become less viable anyway, as the world as we in the affluent west have known it continues to come apart. I want to be becoming the kind of person who is needed for the new world, a wilder, less predictable, less safe world, where stability of soul might be a gift to others." <https://morefullyalive.substack.com/>

Joyous Struggle

"The Joyous Struggle does what it says on the tin - it struggles, with joy. I struggle to make sense of conundrums, challenges, crises, the relationship between them, and our relationship to *all that*, which as a shorthand we call 'the metacrisis'. I define the metacrisis as follows: 'the historically specific threat to truth, beauty, and goodness caused by our persistent misunderstanding, misvaluing, and misappropriating of reality. The metacrisis is the crisis within and between all the world's major crises, a root cause that is at once singular and plural, a multi-faceted delusion arising from the spiritual and material exhaustion of modernity that permeates the world's interrelated challenges and manifests institutionally and culturally to the detriment of life on earth."

<https://jonathanrowson.substack.com/about>

Marginalian

"A record of reading and reckoning with our search for meaning: sometimes through science and philosophy, sometimes through poetry and children's books, always through the lens of wonder, A one-woman labour of love animated by the ultimate question that binds us all: What *is* all this? ... A person is less like a star, whose very chemistry, the source of its light, changes profoundly over its life-cycle, and more like a planet, like this planet, whose landscape changes over the ages but is always shaped by the geologic strata layered beneath, encoding everything the planet has been since its birth.)" <https://www.themarginalian.org/about/>

Network of Spiritual Progressives

"Most people yearn for a world of love and real human connection and to live meaningful lives that transcend material well-being, that tie us to the ongoing unfolding of spirit and consciousness, and that connect us with the inherent interdependence and love that permeates and inspires all being. To achieve this world we need a multifaceted revolution – political, moral, cultural and spiritual – that awakens us to the dignity and value of all peoples, regardless of race, creed, gender, religion, class, where they've come from or what they've done, and helps us connect with the beauty and awe of the universe. This revolution must be grounded in love for all people, for life, and for the planet." <https://spiritualprogressives.org/>

On Being

“Welcome to an adventure in the mystery and the art of living, a home for shaping your presence in a tender, tumultuous world, a companion to the pleasure in thinking deeply with others; a calling to be part of the generative story of our time. A conversation that has been building for over two decades with wise and graceful lives — across spiritual inquiry and science, social healing and the arts. We are animated by humanity’s ancient questions, newly alive in this century: What does it mean to be human? How do we want to live? And who will we be to each other?”

<https://onbeing.org/>

Science and Nonduality

“Where we come together to explore beyond ultimate truths, binary thinking, and individual awakening while in deep reverence of the beauty, complexity, pain, and great mystery that weave the infinite cycles of existence.”

<https://scienceandnonduality.com/>

Spirituality and Practice

"Sometimes people get the mistaken notion that spirituality is a separate department of life, the penthouse of our existence. But rightly understood, it is a vital awareness that pervades all realms of our being. Someone will say, 'I come alive when I listen to music,' or 'I come to life when I garden,' or 'I come alive when I play golf.' To be vital, awake, aware, in all areas of our lives, is the task that is never accomplished, but it remains the goal."

Threshold Society

“Rooted within the traditions of Sufism and inspired by the life and work of Mevlâna Jalâluddîn Rumi, with the purpose of facilitating the experience of divine unity, love and truth in the world. Sufism is a living tradition of human transformation through love and higher consciousness. Our fundamental framework is classical Sufism and the Qur’an as it has been understood over the centuries by the great Sufis.”

<https://sufism.org/sufism>

World Council for Christian Meditation

“A global spiritual community united in the practice of meditation in the Christian tradition. It shares the fruits of this practice widely and inclusively, serving the unity of all and building understanding between faiths and cultures. Members span more than a hundred countries. There are about sixty-seven national coordinators. Its international centre is Bonnevaux – an ancient monastic site now dedicated to global peace and dialogue around the daily practice of meditation – near Poitiers in France.” <https://wccm.org/>